

# FOR SENIORS ONLY

*Many services for seniors & others are listed in other places in this directory. Those listed in this section, however, are strictly for senior citizens & their family members.*

**Community Resources Directory** ..... [www.MinnesotaHelp.info](http://www.MinnesotaHelp.info)

**Extended Care Providers**..... [www.extendedcare.com](http://www.extendedcare.com)

**Senior Programs, ACCAP** ..... [www.accap.org](http://www.accap.org)

Click on ACCAP Programs, scroll down to the Senior Service you are looking for, then click.

**Social Security Administration (To apply)** ..... **1-800-772-1213**

**Social Security (Assists Anoka County clients with forms & questions)** ..... **(763) 422-6941**

## Outreach & Referral

**Senior Information Line of Anoka County**..... **(763) 783-4707**

[www.accap.org](http://www.accap.org). This Anoka County information & assistance line can link older adults & their families to services & opportunities. Trained staff & volunteers run this free service & follow up with callers. Office hours: Monday-Friday, 9 am-4 pm. Outside of Anoka County call: Senior Linkage Line at 1-800-333-2433.

**Senior Outreach, ACCAP** ..... **(763) 783-4741**

[www.accap.org](http://www.accap.org). Senior Outreach Workers help seniors 60+ access services to live independently in their own homes or apartments. Referrals include financial programs, home services, fuel assistance, etc. Assistance with paperwork, forms, & applications. No fee.

**SeniorResource** ..... [www.seniorresource.com](http://www.seniorresource.com)

“E-cyclopedia” of housing options & information for retirement, finance, insurance, & care.

**Senior Services in Anoka County** ..... **(763) 422-7070**

[www.anokacounty.us/seniors](http://www.anokacounty.us/seniors). Provides assessment, information, and assistance to seniors age 65 and older. Also helps families with resources and education regarding aging parents and services available.

**United Way 2-1-1** ..... **2-1-1 or (651) 291-0211 or 1-800-543-7709**

[www.211unitedway.org](http://www.211unitedway.org). 24 hour information & referral service for health, recreation, education, social services, etc. Utilizing over 40,000 community agencies in its database. Trained Information and Referrals Specialists can direct callers to resources for seniors, families, & children throughout the Twin Cities.

## Local Senior Transportation Services

*Please call the service in your area for more information. In most cases a small fee may be charged. For additional information on transportation, please see the BASIC NEEDS section.*

**Anoka**..... **(763) 576-4661**

Transportation in the City of Anoka only. Senior dining Monday-Friday. Shopping trips to Cub on Tuesday, Wednesday & Thursday.

- Anoka County Traveler** ..... **General Information (763) 422-7075**  
[www.anokacounty.us/transit](http://www.anokacounty.us/transit). Anoka County only. Accessible to the disabled & wheelchairs.  
**Fixed route schedule information from Metro Transit** ..... **(612) 373-3333**  
**Transit Link reservations & cancellations, 7:00am-3:30pm Mon-Fri**..... **(651)602-5465**  
**AD Reservations & cancellations, 7-5pm Mon-Fri or 8-4pm Sat & Sun** .....**(651)602-1170**
- Anoka County Volunteer Transportation**..... **(763) 422-7087**  
[www.co.anoka.mn.us/transit](http://www.co.anoka.mn.us/transit). Transportation service for seniors 60+ & clients receiving services from Anoka County Social Services. For medical, dental, & social service appointments only. Transportation provided for Veterans of any age to & from the VA Hospitals in Minneapolis, St. Cloud and Ramsey. Call between 9 am-12 pm Mon-Fri. Donations accepted.
- Blaine**..... **(763) 786-9375**  
 Transportation for senior activities, senior dining, & special events. Fee for services. Call for a reservation.
- Coon Rapids** ..... **(763) 767-6473**  
 Transportation provided to seniors within Coon Rapids city limits to Senior Center activities & senior dining Monday-Friday. Transportation for groceries is available the 1<sup>st</sup> Tuesday and 3<sup>rd</sup> Wednesday of the month.
- Linwood Senior Transportation Services** ..... **(651) 462-5565**  
 Linwood seniors only. Handicapped accessible transportation for Linwood residents. Providing rides for grocery shopping, personal care, medical appointments, hospital & nursing home visits, etc on availability basis. Will go out of the county. Hours: Monday-Friday, 8 am- 4:30 pm. Donations accepted.
- Metro Mobility**..... **(651) 602-1111**  
[www.metromobility.org](http://www.metromobility.org). Subsidized, door-to-door transportation service for eligible persons who are disabled. Requires 4 day advance notice for each trip. Call for certification information. All vehicles are wheelchair accessible. Monday-Friday, 7:30am-4:00 pm.
- MNET (Minnesota Non-Emergency Transportation)** ..... **1-866-467-1724**  
 Call your Economic Assistance worker. Transportation provided to clients on Medical Assistance. Arranged through your Economic Assistance worker.
- R & D Transportation, Inc. (medical appointments)**..... **(763) 767-1804**  
 Medical Assistance, private pay, U-Care & Health Partners. Wheelchair accessible. Fax (763) 767-6209.

## Food

- Family Table** .....**See BASIC NEEDS: Food**
- Fare For All**.....**See BASIC NEEDS: Food**
- Greater Lake Country Food Bank**.....**See BASIC NEEDS: Food**

**Grocery Delivery & Services (call for specifics):**

**Coborn’s Superstore.....(763)441-1400**  
[www.cobornsdelivers.com](http://www.cobornsdelivers.com). Online shopping available. Delivery from Elk River store only. Call for more information on delivery areas in Anoka County and delivery days, times, & fees based on where you live.

**Gopher Grocery ..... (612)379-1007**  
[www.gophergrocery.com](http://www.gophergrocery.com). \$2.00 grocery delivery charge, orders over \$100 have free delivery. Delivers over 10,000 products at grocery store prices, 7 days a week. Serves Anoka, Hennepin, Ramsey, Washington, and Dakota counties. Must order online.

**Jensen’s Foods, Coon Rapids ..... (763) 755-0911**  
Thursday delivery only; must order by 10 am. \$8 fee, \$20 minimum order. Must be in a 10-15 mile radius.

**Kemp’s Home Delivery ..... (612) 627-8709**  
Delivers dairy products & frozen foods in the Twin Cities Area. Wholesale & retail.

**St. Francis Foods.....(763) 753-2610**  
[www.st.francisfoods@hotmail.com](mailto:www.st.francisfoods@hotmail.com). 3210 Bridge St NW, St. Francis 55070. Grocery delivery to your home. Call for more information & delivery charge.

**Store-to-Door ..... (651) 642-1892**  
[www.storetodoor.org](http://www.storetodoor.org). Grocery shopping with home delivery. Serves elderly seniors, 60+, in Hennepin, Ramsey, Washington, Dakota, or Anoka Counties. Not an emergency food shelf. Deliveries from Cub every two weeks. 10 am- 3 pm. Will deliver prescriptions from Cub Pharmacy. Accepts EBT benefits.

**Home Delivered Meals (Meals on Wheels)**

Provides hot noon meals delivered Monday through Friday to homebound persons who are 60+ or who have a disability. Weekend meals may also be available. Serves individuals on county waiver and alternative care programs as well as those paying privately. Call the location serving your area for more information:

**AC Meals on Wheels.....(763) 236-8718**  
Anoka , Champlin, Ham Lake, Andover, Ramsey, Oak Grove, Coon Lake, Linwood,, St. Francis, Nowthen, Bethel, East Bethel, Circle Pines, Lino Lakes, Centerville, Lexington, & Columbus

**Hot Meals for Shut-Ins, Fridley, Spring Lake Park, Columbia Heights, & Hilltop.....(763)236-3636**  
**Meals on Wheels, Coon Rapids and Blaine.....(763)755-8400 or (763)489-3608**  
[www.coonrapidsblainemealsonwheels.org](http://www.coonrapidsblainemealsonwheels.org).

**Mom’s Meals.....1-866-204-6111**  
[www.momsmeals.com](http://www.momsmeals.com). P.O. Box 297, Nevada, Iowa 50201. An independent company that offers fresh meals to meet the needs of individuals who are 60+, that have disabilities. Meals are prepared, packaged and shipped to customers in ready to heat & eat containers (will remain fresh in your refrigerator for two full weeks). Serves individuals on county waiver and alternative care programs, as well as those paying privately.

## Senior Dining

The Volunteers of America offer a hot, balanced meal & social activities at various locations throughout the area. Please call to verify age requirements & costs. Reservations are required 2 working days in advance. Dining is provided at the following locations at noon:

<b>Anoka Senior Center</b> , Monday-Friday(need 3 day notice).....	<b>(763) 427-6646</b>
<b>Coon Rapids Senior Services</b> , Monday-Friday .....	<b>(763) 767-6524</b>
<b>Fridley Community Education Center</b> , Monday-Friday .....	<b>(763) 502-5199</b>
<b>Ham Lake Senior Center</b> , Monday & Wednesday .....	<b>(763) 434-0455</b>
<b>Mary Ann Young Senior Center, Blaine</b> , Monday-Friday .....	<b>(763) 780-4318</b>
<b>Parkview Villa, Columbia Heights</b> , Monday-Friday.....	<b>(763) 789-7018</b>

## Anoka County Food Shelves

*Food shelves are available to provide EMERGENCY food supplies at no cost for families experiencing temporary, short-term inability to buy groceries. Some food shelves only serve limited areas, so call to find the one nearest you. Call United Way 2-1-1 or the Emergency Food Shelf Network for further assistance.*

**See BASIC NEEDS: Food Shelves.**

## Home Services

*For a list of home health care agencies contact the Senior Information Line at (763) 783-4707 or Public Health Nursing at (763) 422-6970.*

**Anoka County Library Books by Mail**.....**(763) 576-4695 ext. 4**  
[www.anoka.lib.mn.us](http://www.anoka.lib.mn.us). Anoka County Library will mail books free of charge to residents who cannot get to their community library. Contact the outreach librarian.

## Chores & More

For persons 60+. Various household services including housekeeping, minor home repairs, & seasonal chores such as lawn mowing, lawn clean-up, and snow removal. Paintathon applications available.

**Fridley, Columbia Heights, & Hilltop**..... **(763) 502-5151**  
**All other areas in Anoka County (ACCAP)**..... **(763) 767-6521**

**Family Caregiver Connections**..... **(763) 422-6960**  
[www.anokacounty.us/caregivers](http://www.anokacounty.us/caregivers). Volunteers provide a break to caregivers of older adults. Care receivers must be 55 or older & unable to be left alone for more than 2 hours. Companionship care only. Support groups available for caregivers & their families throughout Anoka County. Caregiver education, in-home respite support, caregiver support groups, group respite, health & spiritual connections, educational opportunities.

**Footworks – Footcare**..... **(651) 501-0624**  
Serves southern Anoka County only. Foot care in the home. In-home foot soaks, nail trimming, etc.

- Happy Feet Footcare, Inc.** ..... (763) 560-5136  
 Makes home visits. Call for appointment & fee scale. Serves southern Anoka County.
- Home & Community Health Care Services, Anoka County** ..... (763) 422-6970  
 Long Term Care Consultation (LTCC) services & waiver program which assist aging & dependent residents to maintain independent living in the community. Programs for eligible participants:: Alternative Care, Elderly Waiver, Community Alternatives for Disabled Individuals, Community Alternatives for Care.
- Moving Services** ..... (763) 783-4707  
 For a list of moving services, please contact the Senior Information Line.
- Paintathon** ..... (612) 276-1579  
 Provides free exterior house painting to low income seniors over 60 & those under 60 with a disability.
- Tamarisk, Inc.** ..... (763) 572-1950  
[www.tamarisk.org](http://www.tamarisk.org). Trained volunteers provide a caring presence through companionship and caregiver respite (at no expense) for families coping with life threatening illnesses.

## Safety & Security Checks

- Anoka County Vulnerable Adult/Adult Protection** ..... (763) 422-7168  
 Responds to & investigates reports of maltreatment (abuse & neglect, financial exploitation) for vulnerable adults. Also offers protective services to prevent maltreatment. Calls referred after hours.
- Crest View Safe Haven Services**.....(763) 782-1601  
 Safe haven services are available for any elder who has been abused. We offer a place where elders can come and live either short term or long term at one of the Crest View Senior Community sites. Call to refer someone to the Crest View Safe Haven Program.
- Home Safety Check**..... (763) 767-4003  
[www.sbmfire.com](http://www.sbmfire.com). Provided to residents of Spring Lake Park, Mounds View, & Blaine by their fire departments. Includes free child safety seat checks by appointment, home safety surveys, fire extinguisher training, injury prevention program, & juvenile fire setting program. Provide CPR training for small fee.
- Lifeline** (Facilitated by Home Instead Senior Care) ..... (763) 792-0041  
 A personal response service which enables elderly & disabled persons to call for help in an emergency by the use of a home call unit in the form of a button which can be worn at all times. Provides 24 hour emergency response when pushed. All equipment is rented on a monthly basis.
- Rebuilding Together Twin Cities**.....(651)776-4273  
[www.rebuildingtogether-twincities.org](http://www.rebuildingtogether-twincities.org). Bringing volunteers and communities together to improve homes & lives of low-income homeowners. Providing no-cost home repairs for homeowners particularly older adults, individuals living with disabilities & families with children.

**Safety Choice (facilitated by Comfort Keepers)**.....(763) 786-1000  
www.comfortkeepers.com. Wireless, house-wide monitoring system offers hands-free, two-way voice connection in the event of an emergency. The device can hold multiple pendants and can provide medication reminders. New PERS technologies are now available to individuals who do not have land line phone service. Seven days a week, someone is always available when help is needed.

## **Health & Wellness: Seniors**

*For additional resources on services for health & wellness, medical equipment, supplies, etc., call the Senior Information Line at (763) 783-4707.*

**Affordable Dentures, Brooklyn Park**..... (763) 315-1875

**Allina Health**..... (651) 635-9173 or 1-800-261-0875  
Provides coordinated care & services for patients & families across care settings. Home care, advanced illness care, or end of life care.

**Alzheimer’s Association, MN & ND Chapter** ..... (952)830-0512 or 1-800-272-3900  
[www.alz.org/mnnd](http://www.alz.org/mnnd). 24 hour a day telephone support & information about memory loss. Information & referrals regarding support groups & care for persons with Alzheimer’s disease & their families. Safe return program & dementia screening.

**Assisted Living Store, Mon-Thurs 8:30-4:00pm, Fri 8:30-12pm** ..... (651) 769-1574 or 1-888-388-5862  
[www.assistedlivingstore.com](http://www.assistedlivingstore.com). Medication management. Linen products, garments, & textiles.

### **Courage Center**

**Burnsville**, 100 Cobblestone Ln ..... (952) 898-5700  
**Forest Lake**, 146 N Lake St (Hwy 61). Pediatric & adult therapies (OT, PT, speech)..... (651) 464-5235  
**Golden Valley**, 3915 Golden Valley Rd..... (763) 588-0811 or (763) 520-0520  
**Stillwater**, 1460 Curve Crest Blvd ..... (651) 439-8283  
[www.couragecenter.org](http://www.couragecenter.org). Rehabilitation & resource center for people with physical disabilities, brain injuries, speech, or vision impairment. Offers comprehensive services to people of all ages designed to empower people with disabilities to reach their full potential in every aspect of life.

**Dental Referral Service** ..... (651) 631-9845  
Provides referrals for those who have no insurance, are low income, or pay cash for dental care.

**Donated Dental Services**..... (651) 454-6290  
Provides dental services for persons who are low income, elderly, disabled, chronically ill, or children.

**Footworks – Footcare** ..... (651) 501-0624  
Serves southern Anoka County only. Foot care in the home. In-home foot soaks, nail trimming, etc.

**Goodwill Easter Seals, Medical Equipment Loan Program** .....(651) 379-5922 or (651) 379-5800 Ext. 6  
[www.goodwilleasterseals.org](http://www.goodwilleasterseals.org). Wheelchairs, walkers, commodes, duramedical, ambulatory devices, & many other items.

- Happy Feet Footcare, Inc.** ..... (763) 560-5136  
 Makes home visits. Call for appointment & fee scale. Serves southern Anoka County.
- Health Insurance Counseling Program Senior Linkage Line** ..... 1-800-333-2433  
 Free service to seniors, persons with disabilities, & caregivers living in Anoka County. Certified staff & volunteers provide confidential help with Medicare questions, supplemental insurance, medical bills, prescription drug programs, long term insurance, & more.
- Home & Community Health Care Services, Anoka County** ..... (763) 422-6970  
 Long Term Care Consultation (LTCC) services & waiver program which assist aging & dependent residents to maintain independent living in the community. Programs for eligible participants:: Alternative Care, Elderly Waiver, Community Alternatives for Disabled Individuals, Community Alternatives for Care.
- Med-Alert Bracelets**.....Ask your local pharmacy
- Medicare Customer Service, [www.medicare.gov](http://www.medicare.gov)** ..... 1-800-MEDICARE (1-800-633-4227)
- Mesothelioma/Asbestos**.....[www.asbestos.com](http://www.asbestos.com)  
 Medical information on asbestos, mesothelioma and other cancers that are caused by asbestos exposure.
- Minnesota Care Information Line, State Office**..... (651) 297-3862  
**Health Care Programs (must be an Anoka County resident)** ..... (763)422-7246  
**Medical Assistance**-Health Care coverage for low income seniors.  
**Minnesota Care**- seniors not eligible for Medicare may be eligible for very low cost coverage through MN Care. Covers most medical needs, doctors/clinic visits, most prescriptions, some dental work, hospital, etc.
- MN Network of Hospice Palliative Care**..... (651) 659-0423 or 1-800-214-9597  
[www.mnhpc.org](http://www.mnhpc.org). Call for info about hospice, end of life health care options, or education programs.
- Office of the Ombudsman for Long Term Care**..... (651) 431-2555 or 1-800-657-3591  
 Works to ensure the health, safety, welfare & rights of adults ages 18 & older living in nursing homes or receiving home care services in assisted living settings or their own homes & Medicare beneficiaries with concerns regarding hospital access, denial of services or premature discharge. Provides consumer education, investigates complaints & help to resolve disputes between consumers & providers of care services.
- Ombudsman Senior Services**..... (612) 673-3004  
 Information, referral & advocacy to senior citizens & persons who are disabled.
- Senior Partners Care Program** ..... (952) 541-1019 ext. 318 or 1-888-541-5488  
 Helps eligible low income on Medicare obtain treatment from participating healthcare providers. These healthcare providers have agreed to consider a waiver of the Medicare co-payments and deductibles. Participants cannot be enrolled in an Advantage Plan nor receive MA benefits. It is not a form of insurance and there are no premiums, however, there is a required \$40 application processing fee. Call for more information.

- Senior Recovery Program**.....(651) 773-0473  
[www.senior-recovery.org](http://www.senior-recovery.org). A nonprofit organization dedicated to providing both treatment and ongoing support for men and women, age 55+, who are abusing or have become dependent on alcohol, street drugs, prescription medications or gambling. Senior Recovery Program, 1351 Frost Avenue, St. Paul, MN.
- Support Groups for Seniors**..... (763) 783-4707  
 For information contact the Senior Information Line.
- Tamarisk, Inc.** ..... (763) 572-1950  
[www.tamarisk.org](http://www.tamarisk.org). Trained volunteers provide a caring presence through companionship and caregiver respite (at no expense) for families coping with life threatening illnesses.
- Transformation House** ..... (763) 427-7155  
[www.transformationhouse.com](http://www.transformationhouse.com). 1410 Ferry St, Anoka 55303. Outpatient treatment. Court ordered assessment. Call for intake & assessment.
- Vision Loss Resources**.....(612) 871-2222  
 Needs assessment for blindness, senior services, & rehabilitation services. Hearing assessment & evaluation also available.
- Vitalize Wellness Center of Parmlly LifePointes**..... (651) 257-0575  
[www.parmly.org](http://www.parmly.org). Offers arthritis water classes, aquatics, fitness room, personal training, group exercise classes, massage therapy, and vitality coaching.

## Mental Health & Companionship Programs for Seniors

- Anoka Regional Treatment Center** ..... (651) 431-5000  
 Provides multi-disciplined treatment program for mentally ill & chemically dependent adults.
- Family Caregiver Connection**..... (763) 422-6960  
[www.anokacounty.us/caregivers](http://www.anokacounty.us/caregivers). Volunteers provide a break to caregivers of older adults, are civically committed. Care receivers must be 55 or older & unable to be left alone for more than 2 hours. Companionship care only. Support groups available for caregivers & their families throughout Anoka County. Caregiver education, in-home respite support, caregiver support groups, group respite, health & spiritual connections, educational opportunities.
- Family Life Mental Health Center** ..... (763) 427-7964  
 Senior Transitions Group to help transition from midlife to later years. Addresses midlife grief, loss, stress, changing roles, etc.
- Friendship Line for the Elderly**.....1-800-971-0016  
 This 24-hour “hotline” for seniors is a service of The center for Elderly Suicide Prevention & Grief Related Services, a program of the Institute of Aging.

## Geriatric Mental Health Programs

**Unity Hospital Fridley**..... (763) 236-4464

**United Hospital St. Paul** ..... (651) 241-8860

Provides inpatient comprehensive psychiatric, cognitive, medical, and functional assessments in a safe & secure setting for persons 65+. Call to make a referral.

**Grief Support – Mercy Hospital**..... (763) 236-8050

Ongoing grief support meets once a week. Special groups for children & teens. Call for more information.

**Grief Support – North Metro Coalition** ..... (763) 413-2985

Coalition of faith communities & other agencies that provide 2 series of 6 week sessions per year in various parts of Anoka County. Education is provided around various aspects of grief & loss. Small group support is offered for death of a spouse, parent, child, sibling, friend, pregnancy loss, or suicide. No cost.

**Mental Health Crisis Services for Anoka County** ..... (763) 755-3801

24 hour Mobile Mental Health Crisis services for children and adults: crisis assessment, crisis intervention, crisis stabilization services. Access to adult crisis stabilization beds.

**Metro Psychology Support Services, Inc.**.....(651) 645-7971

[www.metropsychologysupport.com](http://www.metropsychologysupport.com). Home-based service to assist individuals on Medical Assistance with basic living and social skills to help with daily functioning. Assists with housing, community intervention, mental health needs, benefits assistance, independent living skills, employment, & educational functioning. Email: [metropsychologyservice@msn.com](mailto:metropsychologyservice@msn.com).

## Senior Companion Program

**Coon Rapids**..... (763) 767-6521

**All other areas in Anoka County (ACCAP)**..... (763) 783-4745

Seniors make weekly one-on-one visits to other seniors. They take seniors shopping, to medical appts.

**Support Groups for Seniors**..... (763) 783-4707

For information contact the Senior Information Line.

**Tamarisk, Inc.** ..... (763) 572-1950

[www.tamarisk.org](http://www.tamarisk.org). Trained volunteers provide a caring presence through companionship and caregiver respite (at no expense) for families coping with life threatening illnesses.

**Volunteers of America Senior Mental Health Services** ..... (763) 225-4054

[www.smhvoamn.org](http://www.smhvoamn.org). Provides psychotherapy to adults ages 55 and older in their homes. Clients must have a diagnosable mental illness and are willing to participate in treatment. Services covered by Medicare, Minnesota Healthcare Programs, & most major insurance plans. Program serves portions of Anoka County.

## Adult Day Programs

**Angels on Main**..... (763) 241-6845

922 Main St, Elk River 55330. Adult day care. Serves a 10+ mile radius, transportation provided, can take 13-14 people per day. Outings & planned activities. Hours: 7 am-5 pm.

**Camilia Club** ..... **Coon Rapids (763) 489-3637 or Fridley (763) 502-0660**  
11800 Xeon Blvd, Coon Rapids 55448. Offers an alternative to instructional living through an adult day program designed to promote mental & physical well-being for seniors & those with disabilities. Transportation provided. Additional locations available.

**Carebreak Adult Day Program**..... **(763) 592-2666**  
[www.mnmasonichomes.org](http://www.mnmasonichomes.org). Dementia Care. Care for vulnerable adults in need of supervision, socialization, &/or skilled nursing services during the day. Monday-Friday, 6:30 am-5 pm.

**Daily Senior Care** ..... **(651) 653-0660**  
7979 24<sup>th</sup> Ave N, Lino Lakes. Adult day care. Serves all ages. Provides transportation. Overnight respite available.

**Friendship Center** ..... **(612) 781-2052**  
1717 2<sup>nd</sup> St NE, Minneapolis. Adult day program, transportation, nurse onsite, & separate dementia group. Hours: Monday-Friday, 9 am-3 pm.

**Minnesota Adult Day Services Association** ..... **(763) 464-2698**  
Networking & referrals. Represents adult day programs in Minnesota.

**Park House**.....**(763) 360-3322**  
12345 Butternut St. NW, Coon Rapids, MN 55433. Adult day care and overnight respite care provided in a loving home. Space available for no more than 8 clients.

**Parmly LifePointes**..... **(651) 257-0575**  
[www.parmly.org](http://www.parmly.org). 28210 Old Towne Rd, Chisago City 55013. Adult day care. Also offers home delivered meals, board & care, skilled nursing care, respite care (24 hours), housing, and Vitalize Wellness Center.

**Renaissance Adult Day Care**..... **(763) 433-2980**  
Designed for the Russian speaking population.

## **Supportive Housing**

*For subsidized housing see the Subsidized Housing section under BASIC NEEDS. For assisted living & nursing home lists, please contact the Anoka County Senior Information Line at (763) 783-4707.*

**Adult Foster Care, Anoka County** ..... **(763) 422-7070**  
Licensed living arrangement in a private home that provides food, lodging, supervision, & household services for qualified individuals who need assistance with everyday personal care due to developmental delay, mental illness, physical disability, or aging.

### **Emergency Housing**

**Call this number if it is after 4:30 pm & you are without shelter**..... **(763) 427-1212**

**Housing for Seniors**..... **Senior Information Line (763) 783-4707**  
Information on subsidized, market rate, housing with services, and other housing options.

- Metro Shelter Hotline (Automated Line)** ..... **1-888-234-1329**  
 Find out about metro area emergency shelters & transitional housing for individuals, families, & youth.  
 Gives locations, eligibility rules, & contact numbers. A collaboration of MESH & TCCVM ([www.tccvm.org](http://www.tccvm.org)).
- Nursing Home & Assisted Living Center Directory**..... **[www.adultcareproviders.com](http://www.adultcareproviders.com)**  
 Nationwide. Information on nursing homes, assisted living facilities, & home health providers.
- Senior Housing Directory for the Metro Area** ..... **[www.seniorhousinginc.org](http://www.seniorhousinginc.org)**  
 For a free copy call the Anoka County Senior Information Line at (763) 783-4707.
- Senior Housing Guide for the Metro Area** ..... **(651) 690-3141**  
[www.seniorhousingguide.us](http://www.seniorhousingguide.us).

## Legal and/or Advocacy for Seniors

### Alexandra House, Inc.

**24 Hour Domestic and Sexual Violence Crisis Line**.....**(763) 780-2330**  
**Community Program/Legal Advocacy** ..... **(763) 576-9999**  
[www.alexandrahouse.org](http://www.alexandrahouse.org). Shelter, crisis intervention, support groups and legal advocacy for victims of domestic and sexual violence.

### American Association of Retired Persons (AARP) ..... **(952) 858-9040**

A national advocacy & information organization for persons 50 years or older. Tax aides & information. Run AARP driver safety programs. Lists of support groups, insurance information, grief & loss programs, legal services, medical & medication discounts, & many more topics. Located at the Mall of America.

### Council on Crime & Justice, General Victims Service ..... **(612) 340-5400**

[www.crimeandjustice.org](http://www.crimeandjustice.org). Aid to victims of crime. 24 hour crisis line. Provides advocacy, referrals, & training.

### Estate & Elder Law Services-Volunteers of America-MN ..... **(612) 676-6300**

[www.voamn.org](http://www.voamn.org). Offers low income clients 60+ that qualify a reduced rate. Legal matters are charged a flat fee or reasonable hourly rate. No asset, income, or age limit for private pay clients. Elder Law services include estate planning, will preparation, establishment of trusts, advance directives for health care & funeral, powers of attorney, disability planning, Medical Assistance advice & planning, real estate matters, probate, conservatorship & guardianship. Strong advocates for the interests of elders & their families.

### Faith Community Nurse Program of Mercy & Unity Hospitals ..... **(763) 236-4342**

Open to all faiths. A collaborative between the hospitals & participating area churches. The parish nurse is a part of the church staff, helps with health issues, connects to services, makes home & hospital visits, works with a health & wellness team, provides educational materials, workshops, events, support groups.

### Families in Safe Hands: Raising Relatives Children ..... **(612) 879-5307 or (612) 879-5351**

A program of Lutheran Social Service of MN. Offers information & emotional support through support groups, recreation, & free phone consultation.

- Family Caregiver Connection..... (763) 422-6960**  
[www.anokacounty.us/caregivers](http://www.anokacounty.us/caregivers). Volunteers provide a break to caregivers of older adults. Care receivers must be 55+ years old & unable to be left alone for more than 2 hours. Companionship care only. Support groups available for caregivers & their families. Caregiver education, in-home respite support, caregiver support groups, group respite, health & spiritual connections, educational opportunities.
- Foreclosure Prevention, ACCAP..... (763) 783-4747**  
**Foreclosure hotline ..... (763) 783-4880**  
[www.accap.org](http://www.accap.org). Help for people facing default with their mortgage payments. Call for information.
- Gray Panthers..... (612) 822-1011**  
 People who are concerned with ageism at any age. Support universal healthcare.
- Judicare of Anoka County, Inc. .... (763) 783-4970**  
 Free legal representation for low income residents of Anoka County. Civil (non-criminal) cases only, including tenant/landlord, employment, debtor/creditor, public assistance (welfare, SNAP/food support, etc.) domestic relations, & other non-criminal matters. No wills.
- MN Network of Hospice Palliative care ..... (651) 659-0423 or 1-800-214-9597**  
[www.mnhpc.org](http://www.mnhpc.org). Call to find a local program or get more information about hospice, end of life health care options, or education programs.
- Office of the Ombudsman for Long Term Care ..... (651) 431-2555 or 1-800-657-3591**  
 Advocate for health care, long term care, hospital, & nursing home care for older persons & vulnerable adults.
- Ombudsman Senior Services..... (612) 673-3004**  
 Information, referral & advocacy to senior citizens & persons who are disabled in Minneapolis & suburbs.
- Representative Payees ..... Senior Information Line (763) 783-4707**  
 Provides money management for clients receiving government benefits and having trouble managing their finances. Call for a list of Representative Payees.
- Reverse Mortgage Counseling, ACCAP ..... (763) 783-4747**  
**Hotline..... (763) 783-4880**  
[www.accap.org](http://www.accap.org). Help for seniors who own their own homes & need more income to make ends meet.
- Senior Housing Directory. .... (952) 945-4022**  
[www.seniorhousing.org](http://www.seniorhousing.org). For a free copy of the housing directory call the Anoka County Senior Information Line at (763) 783-4707.
- Senior Law Project..... 1-888-360-2889**  
 Provides legal advice and representation FREE of charge for civil legal issues to individuals 60+ years old. Help with a variety of issues such as completing Power of Attorney and Health Care Directive forms; problems with Medicare, Social Security, public benefits, housing issues (evictions & poor living conditions), family law issues (divorce, debt and consumer collections), & a variety of other matters. Many issues can be resolved with a phone appointment. Home appointments available when necessary.

- Senior Outreach, ACCAP** ..... (763) 783-4741  
[www.accap.org](http://www.accap.org). Senior Outreach Workers help seniors 60+ access services to live independently in their own homes or apartments. Referrals include financial programs, nutritional resources, home services, fuel assistance, provides assistance with paperwork, forms, & applications. No fee.
- Tubman Eldercare Rights Center** ..... (612) 870-2454  
[www.eldercarerights.org](http://www.eldercarerights.org) Promotes consumer rights & safety in long-term care through advocacy & educ.
- Veterans Service Office – Anoka County**..... (763) 323-5290  
 Helps veterans apply for healthcare benefits & disability services.

## Educational Opportunities for Seniors

### 55 Alive Driving / Defensive Driving Class for Seniors

Refresher course for seniors. Earn discount on car insurance. Many sr centers & clubs offer classes. Call Senior Information Line (763) 783-4707 for locations/schedules. Also, the following agencies offer classes:

- American Association of Retired Persons (AARP), located in the Mall of America** ..... (952) 858-9040
- Minnesota Safety Council**..... (651) 291-9150  
[www.minnesotasafetycouncil.org](http://www.minnesotasafetycouncil.org). Click on “traffic”.
- Minnesota Highway Safety & Research Center: St. Cloud University**.....1-888-234-1294  
[www.mnsafetycenter.org](http://www.mnsafetycenter.org).

**Anoka Ramsey Community College** ..... (763) 433-1100  
[www.anokaramsey.edu](http://www.anokaramsey.edu). Seniors can audit classes. The college also welcomes seniors to attend various theatre events, music concerts, art shows and sales at the campus. [www.anokaramsey.edu/events](http://www.anokaramsey.edu/events).

### Community Education Programs for Seniors

Provides educational opportunities for seniors, such as Adult/Basic Continuing Education programs (GED or refresher programs). For further info, call your school district. See EDUCATION: Community Education.

**Family Caregiver Connections** ..... (763) 422-6960  
[www.anokacounty.us/caregivers](http://www.anokacounty.us/caregivers). Provides educational opportunities to caregivers of Anoka County through support groups. Topics include: estate planning, self-care, medication management, depression, coping with grief & loss, Alzheimer’s, Parkinson’s, etc. Call for more information.

## Employment Opportunities for Seniors

- Foster Grandparent Program** ..... (651) 310-9448  
 Serve in school or early childhood education setting helping children with special needs. Receive tax-free hourly stipend as well as travel allowance and meals on site.
- Senior Community Service Employment Program, Anoka County** ..... (763) 783-4800  
 A work-site placement program to increase job skills for low income people 55 & older.

**Senior Companion Program ..... (651) 310-9448**

Make weekly one on one visits to other seniors. Receives meal allowance & mileage. If income eligible, may also receive hourly stipend.

## **Social Opportunities for Seniors**

### **YMCA**

**Andover**, 15200 Hanson Blvd, Andover 55304 ..... **(763) 230-9622**

**Chain of Lakes**, 7690 Village Dr, Lino Lakes 55014 ..... **(651) 795-9622**

**Emma B. Howe**, 8950 Springbrook Dr, Coon Rapids 55433 ..... **(763) 785-7882**

[www.ymcatwincities.org](http://www.ymcatwincities.org). Offers several group fitness programs for seniors in a safe, climate controlled environment. Arthritic swim sessions.

### **Senior Citizen Community & “Drop-in” Centers**

*These facilities are used for activities such as cards, dances, community education for seniors, & regularly planned activities. Several Senior Centers provide support groups for seniors.*

**Andover Senior Center**, 1685 Crosstown Blvd NW, Andover 55304 ..... **(763) 767-5163**

**Anoka Senior Center**, 1500 6<sup>th</sup> Ave S, Anoka 55303 ..... **(763) 576-4661**

**Blaine/Mary Ann Young Senior Center**, 9150 Central Ave NE, Blaine 55434 ..... **(763) 786-9375**

**Columbia Heights Senior Center**, 530 Mill St, Columbia Heights 55421 ..... **(763) 706-3735**

**Columbus Senior Center**, 16319 Kettle River Blvd, Columbus 55025 ..... **(651) 464-8463**

**Coon Lake Senior Center**, 182 Forest Rd, East Bethel 55092 ..... **(651) 982-4628**

**Coon Rapids Senior Services**, 11155 Robinson Dr NW, Coon Rapids 55433 ..... **(763) 767-6473**

**East Bethel Senior Center**, 2241 221<sup>st</sup> Ave NE, East Bethel 55011 ..... **(763) 434-6179**

**Fridley Senior Center**, 6085 7<sup>th</sup> St NE, Fridley 55432 ..... **(763) 502-5150**

**Ham Lake Senior Center**, 15544 Central Ave NE, Ham Lake 55304 ..... **(763) 434-0455**

**Lino Lakes Senior Center**, 1189 Main St, Lino Lakes 55014 ..... **(651) 982-2445**

**Linwood Senior Center**, 22817 Typo Creek Dr, Stacy 55079 ..... **(651) 462-5565**

**Oak Grove Senior Center**, 19900 Nightingale St NW, Oak Grove 55011 ..... **(763) 753-1920**

**Ramsey Senior Center**, 15050 Armstrong Blvd NW, Ramsey 55303 ..... **(763) 441-7841**

### **Senior Citizens’ Clubs in Anoka County..... Senior Information Line (763) 783-4707**

*In addition to the Senior Centers listed, many local senior clubs provide opportunities for friendship, support, & local activities. For further information on any of the following organizations, call the Senior Information Line. Many area churches also have their own Senior Clubs & activities.*

- Andover Senior Citizens Club
- Columbia Heights Golden Age Club
- Coon Rapids Super Seniors
- Columbus Senior Citizens
- East Bethel Senior Club
- Kraus-Hartig Senior Club
- Linwood Golden Club
- Nowthen Senior Club
- Oak Grove Senior Club
- Ramsey Senior Citizen Club
- Spring Lake Park Senior Club-Club 55
- St. Francis Senior Citizens

## **Trips & Tours**

Contact your local Community Education Department or Senior Center for scheduled trips & tours.

# **Volunteer Opportunities for Seniors**

## **Alexandra House, Inc. .... (763) 656-1368**

[www.alexandrahouse.org](http://www.alexandrahouse.org). Community based nonprofit organization that provided emergency shelter, support services, & community/legal advocacy to victims of domestic and sexual violence. A wide variety of volunteer opportunities are available. Contact the Volunteer Coordinator.

## **Anoka County Retired & Senior Volunteer Program (R.S.V.P.) ..... (763) 422-7090**

Offers opportunities to persons 55 & older to participate in their communities through volunteer services.

## **Chores & More**

Housekeeping, minor home repairs, & seasonal chores. Groups welcome.

## **Fridley, Columbia Heights, & Hilltop ..... (763) 502-5151**

## **All other areas in Anoka County (ACCAP)..... (763) 767-6521**

## **Family Caregiver Connection..... (763) 422-6960**

[www.anokacounty.us/caregivers](http://www.anokacounty.us/caregivers). Volunteers provide in-home visits with older adults living with chronic health issues. Respite volunteers provide safety & companionship with older adult while the family caregiver gets a break. Volunteers are also needed to oversee older adults with chronic illness in a group setting with other volunteers & a parish nurse overseeing the program. Training is provided.

## **Foster Grandparent Program ..... (651) 310-9448**

Serve in school or early childhood education setting helping children with special needs. Receive tax-free hourly stipend as well as travel allowance and meals on site.

## **Hands On Twin Cities (formerly Volunteer Resource Center) ..... (612) 379-4900**

[www.handsontwincities.org](http://www.handsontwincities.org). Several thousand volunteer opportunities available listed on our website.

## **Head Start, ACCAP ..... (763) 783-4300**

[www.accap.org](http://www.accap.org). Programs in Anoka & Washington County. Volunteers needed in a variety of areas, including in the classroom, office, and as bus monitors. See program description under EARLY CHILDHOOD CARE / EDUCATION.

## **Health Insurance Counseling Program Senior Linkage Line ..... 1-800-333-2433**

Volunteers are needed to help seniors, persons with disabilities & caregivers with a variety of health insurance & prescription drug topics. Training is required to become a certified counselor.

## **Senior Companion Program ..... (651) 310-9448**

Provides companionship/friendship to homebound or isolated seniors. Receives mileage & meal allowance. May also receive a stipend if income guideline criteria are met.

## **Senior Information Line, ACCAP ..... (763) 783-4707**

[www.accap.org](http://www.accap.org). Volunteers needed to answer phones, refer clients to resources, & work on clerical projects. Training provided.

**Senior Centers, Churches, Hospitals, & Nursing Homes are always looking for volunteers!!**